



PSIA-Rocky Mountain-AASI



Rocky Mountain Trainer Selection

Edited 8/2/18

Prerequisite:

- XC Level 3 certification
- XC 401 workshop or attend a RM Education Staff Training in the fall (must contact RM XC Chairperson to choose this option)

Selection Description:

This selection process will verify your teaching, personal skiing and technical knowledge for both Classic and Skate technique to become a Rocky Mountain Trainer. The exam will cover the XC RMT Workbook, which must be downloaded from the PSIA-RM website, completed and turned in on first day of the exam. The RMT Workbook can be downloaded at <http://www.psia-rm.org/education/cross-country/reference-materials>

Assessment Criteria

- Assessment is based on the PSIA RMT Scorecard. The RMT Scorecard can be downloaded at:

<http://www.psia-rm.org/education/cross-country/reference-materials>

Note: The scorecard and the checklists in the back of the RMT workbook are identical.

Assessment Activities:

- Candidates will demonstrate many to all tasks and techniques listed in the RMT Scorecard.
- Candidates will present a clinic to fellow instructors applying the criteria listed on the RMT Scorecard. Candidates will incorporate the skiers' responsibility code in their teaching.
- Candidates will demonstrate technical knowledge, including Movement Analysis inside using a video and possibly outside on other skiers, incorporating the criteria listed on the RMT scorecard, and in the format described the RMT workbook on page 7. These can be downloaded at:

<http://www.psia-rm.org/education/cross-country/reference-materials>

Materials Needed:

- Classic and skate skis, boots, poles, and appropriate wax for groomed tracks
- Completed RMT Workbook by first day of exam